

ABs:

Toe to Bar: 8 Reps

SS

**Incline Reverse Crunch (Use Incline Bench): 25
Reps**

SS

Mountain Climbers: 20 Reps

SS

Garhammer Raises: 25 Reps

SS

Incline Crunch (Weighted): 8 Reps

SS

Hanging Leg Raises: 25 Reps

5 Rounds: 60 sec rest